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5. Go Lean With Protein. Eat Lean Or Low-fat Meat, Chicken, Turkey And Fish. Also,

Eat More Beans And Peas. Add Chick Peas, Nuts Or Seeds To A Salad; Pinto Beans To A Burrito; Or Kidney Beans To Soup. 6. Change Your Oil. We All Need Oil. Get Yours From Fish, Nuts And Liquid Oils Such As Co 14th, 2024

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I. Understanding CODEPENDENCY

CODEPENDENCY 4 Do The Same. B. "The More You Are Able To BE YOURSELF, The More Intimate You Are..." C. SELF-DISCLOSURE Is A Hallmark Of Intimacy." D. We Can't Share Our Hearts Without Knowing Our Hearts. E. "NEED-LOVE" Is NOT Real Love, But Is In Fact, Enabling. C. DENIAL 1. The Basis For Genuine Intimacy Is Genuine Honesty.DENIAL Sabotages Both. 4th, 2024

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CHAPTER 8 OTHER ISSUES OF AUTISTICS CODEPENDENCY

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